Reflection prompts for the week and the term

Questions to write or think through at the end of a week, a term, or a hard day. Pick one or two; there are no right answers.

NAME _____ DATE _____

End of the week: What went better than I expected?

What took more energy than it should have?

Who did I talk to, and who do I want to see next week?

One thing I will do differently next week:

End of the term: What did I learn that I did not expect to?

Which course or habit worked best for me, and why?

What do I want to keep, start and stop next term?

Who helped me, and have I thanked them?

After a hard day: What happened, in a few words:

What I can control and what I cannot:

Reflection prompts for the week and the term (continued)

One kind thing I can do for myself tonight:

Someone I can tell tomorrow:

Before a big decision: What am I deciding, and by when?

What do the official pages or my advisor say?

What would I tell a friend in my place?

Replace every [bracket] with your own words.

SOURCES (CHECKED 2026-11-26)

Check current details on the official page. https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html (checked 2026-11-26)